

P6000

OCT 20 2006

07-9

Fecha: 10-11-06

Estimado Departamento de Agricultura de Estados Unidos:

Mi nombre es Ene dila Alvarado y soy participante de WIC.  
(con letra de molde)

¡Estoy de acuerdo con la propuesta para cambiar los paquetes de alimentos para mi familia!

Lo que más me gustó es (marque todos los que más le gusten):



Fruta y  
vegetales  
frescos

Sí



Leche de  
soya  
Tofú

Sí



Pan y cereal  
de grano  
integral

Sí



Tortilla de  
maíz, tortilla  
de harina  
integral

Sí



Arroz  
integral,  
cebada y  
avena

Sí

Además, me gustaría \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

¡Gracias por ayudarme a mantener a mi familia saludable!

Sinceramente,

Ene dila Alvarado  
(firme por favor)

P6001

OCT 20 2006

07-P

Fecha: 10-11-06

Estimado Departamento de Agricultura de Estados Unidos:

Mi nombre es Cristina Perez y soy participante de WIC.  
(con letra de molde)

¡Estoy de acuerdo con la propuesta para cambiar los paquetes de alimentos para mi familia!

Lo que más me gustó es (marque todos los que más le gusten):



Fruta y  
vegetales  
frescos

X



Leche de  
soya  
Tofú

X



Pan y cereal  
de grano  
integral

X



Tortilla de  
maíz, tortilla  
de harina  
integral

X



Arroz  
integral,  
cebada y  
avena

X

Además, me gustaría \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

¡Gracias por ayudarme a mantener a mi familia saludable!

Sinceramente,

Cristina Perez  
(firme por favor)

P6002

08/11/2006

07-P

Fecha: 10-11-06

Estimado Departamento de Agricultura de Estados Unidos:

Mi nombre es Maria Huerta y soy participante de WIC.  
(con letra de molde)

¡Estoy de acuerdo con la propuesta para cambiar los paquetes de alimentos para mi familia!

Lo que más me gustó es (marque todos los que más le gusten):



Fruta y  
vegetales  
frescos

X



Leche de  
soya  
Tofú

\_\_\_\_\_



Pan y cereal  
de grano  
integral

X



Tortilla de  
maíz, tortilla  
de harina  
integral

\_\_\_\_\_



Arroz  
integral,  
cebada y  
avena

X

Además, me gustaría \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

¡Gracias por ayudarme a mantener a mi familia saludable!

Sinceramente,

Maria M Huerta  
(firme por favor)

P 6003

OCT 20 2006

07-P

Fecha: Angelica Gonzalez

Estimado Departamento de Agricultura de Estados Unidos:

Mi nombre es 10-11-06 y soy participante de WIC.  
(con letra de molde)

¡Estoy de acuerdo con la propuesta para cambiar los paquetes de alimentos para mi familia!

Lo que más me gustó es (marque todos los que más le gusten):



Fruta y  
vegetales  
frescos

X



Leche de  
soya  
Tofú

X



Pan y cereal  
de grano  
integral

X



Tortilla de  
maíz, tortilla  
de harina  
integral

X



Arróz  
integral,  
cebada y  
avena

X

Además, me gustaría \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

¡Gracias por ayudarme a mantener a mi familia saludable!

Sinceramente,

Angelica Gonzalez  
(firme por favor)



P6005

OCT 20 2006

Fecha: 10-11-06

07-P

Estimado Departamento de Agricultura de Estados Unidos:

Mi nombre es Elida Perez y soy participante de WIC.  
(con letra de molde)

¡Estoy de acuerdo con la propuesta para cambiar los paquetes de alimentos para mi familia!

Lo que más me gustó es (marque todos los que más le gusten):



Fruta y  
vegetales  
frescos

X



Leche de  
soya  
Tofú

X



Pan y cereal  
de grano  
integral

X



Tortilla de  
maíz, tortilla  
de harina  
integral

X



Arroz  
integral,  
cebada y  
avena

X

Además, me gustaría \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

¡Gracias por ayudarme a mantener a mi familia saludable!

Sinceramente,

Elida Perez  
(firme por favor)

07-P

Juana Martínez  
(firme por favor)

P6007

OCT 20 2006

07-1P

Date: Oct. 10, 2006

Dear US Department of Agriculture:

My name is Nong Neng Nova and I am a WIC participant.  
(print)

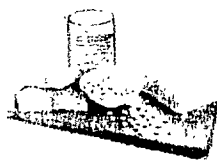
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



Soy milk  
Tofu

X



Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

X



Brown rice,  
bulgar,  
barley, and  
oatmeal

X

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Nong Neng Nova  
(please sign)



P 6008

Date: 10-11-2006

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Blanca Garcia and I am a WIC participant.  
(print)

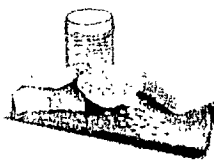
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

\_\_\_\_\_



Soy milk  
Tofu

\_\_\_\_\_



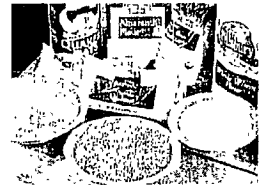
Whole grain  
breads and  
cereals

\_\_\_\_\_



Corn tortilla,  
whole wheat  
flour tortilla

\_\_\_\_\_



Brown rice,  
bulgar,  
barley, and  
oatmeal

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Blanca Garcia  
(please sign)

P6009

Date: 10-11-06

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Teresa Arellano and I am a WIC participant.  
(print)

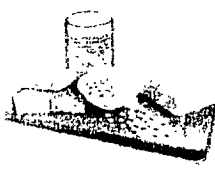
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

☒



Soy milk  
Tofu

☐



Whole grain  
breads and  
cereals

☐



Corn tortilla,  
whole wheat  
flour tortilla

☐



Brown rice,  
bulgar,  
barley, and  
oatmeal

☒

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Teresa Arellano  
(please sign)

P6010

Date: 10-17-06

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is YING CHANG and I am a WIC participant.  
(print)

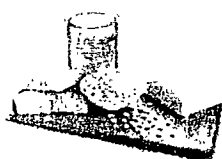
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

✓



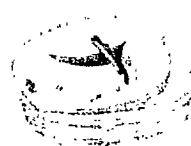
Soy milk  
Tofu

✓



Whole grain  
breads and  
cereals

✓



Corn tortilla,  
whole wheat  
flour tortilla

✓



Brown rice,  
bulgar,  
barley, and  
oatmeal

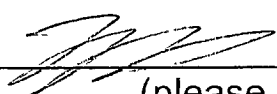
✓

Also, I would like \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

  
(please sign)

P6011

OCT 20 2006

Date: 10-27-06

07-P

Dear US Department of Agriculture:

My name is NGOC C. TRUONG and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

☒



Soy milk  
Tofu

☒



Whole grain  
breads and  
cereals

☒



Corn tortilla,  
whole wheat  
flour tortilla

☐



Brown rice,  
bulgar,  
barley, and  
oatmeal

☒

Also, I would like \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

  
(please sign)

P6012

OCT 20 2006

Date: 10/17/06

07-P

Dear US Department of Agriculture:

My name is TERESA COOPALACIOS and I am a WIC participant.  
(print)

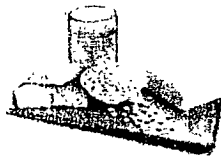
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

☒



Soy milk  
Tofu

☐



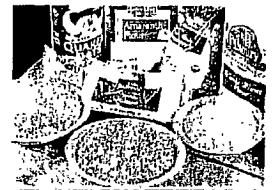
Whole grain  
breads and  
cereals

☒



Corn tortilla,  
whole wheat  
flour tortilla

☒



Brown rice,  
bulgar,  
barley, and  
oatmeal

☒

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Teresa Coopalacios  
(please sign)

P6013

07-5

Date: 10/11/06

OCT 20 2006

Dear US Department of Agriculture:

My name is See Cha and I am a WIC participant.  
(print)

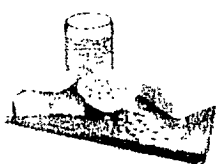
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



Soy milk  
Tofu

\_\_\_\_\_



Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

X



Brown rice,  
bulgar,  
barley, and  
oatmeal

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

See Cha  
(please sign)

P6014

Date: 10/17/06

OCT 20 2006

Dear US Department of Agriculture:

My name is Brittany Monterroso and I am a WIC participant.  
(print)

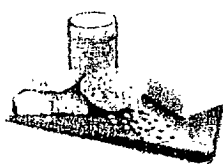
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

✓



Soymilk  
Tofu

\_\_\_\_\_



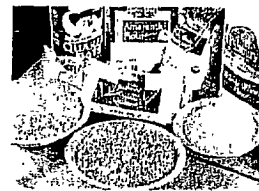
Whole grain  
breads and  
cereals

✓



Corn tortilla,  
whole wheat  
flour tortilla

✓



Brown rice,  
bulgar,  
barley, and  
oatmeal

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Brittany Monterroso  
(please sign)

P6015

07-P

Fecha: 10-10-06 OCT 20 2006

Estimado Departamento de Agricultura de Estados Unidos:

Mi nombre es Blanca Coronado y soy participante de WIC.  
(con letra de molde)

¡Estoy de acuerdo con la propuesta para cambiar los paquetes de alimentos para mi familia!

Lo que más me gustó es (marque todos los que más le gusten):



Fruta y  
vegetales  
frescos

Si



Leche de  
soya  
Tofú

\_\_\_\_\_



Pan y cereal  
de grano  
integral

Si



Tortilla de  
maíz, tortilla  
de harina  
integral

Si



Arroz  
integral,  
cebada y  
avena

Si

Además, me gustaría \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

¡Gracias por ayudarme a mantener a mi familia saludable!

Sinceramente,

Blanca Coronado  
(firme por favor)



P6016

Date: 10-10-2006

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Sally Williams and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



Soy milk  
Tofu

\_\_\_\_\_



Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

X



Brown rice,  
bulgar,  
barley, and  
oatmeal

X

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Sally Williams  
(please sign)

P6017

Date: 10-10-06

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Cheng F. Saechara and I am a WIC participant.  
(print)

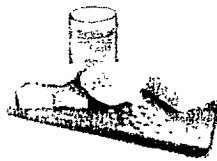
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



Soy milk  
Tofu

\_\_\_\_\_



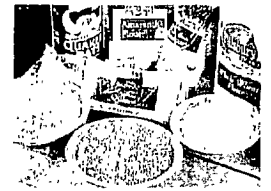
Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

X



Brown rice,  
bulgar,  
barley, and  
oatmeal

X

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Cheng F. Saechara  
(please sign)

P6018

Date: 10-10-06

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Lisa Lampe and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



Soy milk  
Tofu

\_\_\_\_\_



Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

\_\_\_\_\_



Brown rice,  
bulgar,  
barley, and  
oatmeal

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Lisa Lampe  
(please sign)

P6019

07-P

Date: 10/10/06

OCT 20 2006

Dear US Department of Agriculture:

My name is SHOUA FANG and I am a WIC participant.  
(print)

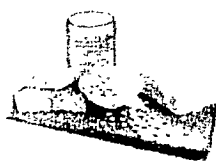
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

☒



Soy milk  
Tofu

☒



Whole grain  
breads and  
cereals

☒



Corn tortilla,  
whole wheat  
flour tortilla

☐



Brown rice,  
bulgar,  
barley, and  
oatmeal

☒

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Shoua Fang  
(please sign)



Date: 00/10/06

OCT 20 2006

07-P

Dear US Department of Agriculture:

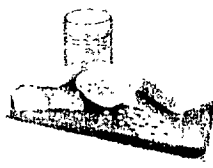
My name is MARIA G. DIAZ and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



## Fresh fruits, vegetables



## Soy milk Tofu

---

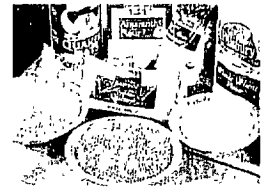


## Whole grain breads and cereals

A hand-drawn sketch of a triangle. A line segment extends from one vertex, passing through the interior of the triangle and continuing outside it. Another line segment is drawn parallel to this one, intersecting the other two sides of the triangle.



Corn tortilla,  
whole wheat  
flour tortilla



Brown rice,  
bulgar,  
barley, and  
oatmeal

Also, I would like \_\_\_\_\_

.....

---

---

Thank you for helping me to keep my family healthy!

Sincerely,

Isita Diaz  
(please sign)

P6022

OCT 20 2006

07-P

Date: 10/10/02

Dear US Department of Agriculture:

My name is Brittney Powell and I am a WIC participant.  
(print)

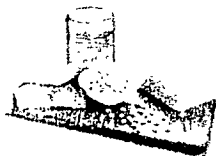
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



Soy milk  
Tofu

X



Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

X



Brown rice,  
bulgar,  
barley, and  
oatmeal

X

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Brittney Powell  
(please sign)

P6023

OCT 20 2006

Date: 10/10/06

07-P

Dear US Department of Agriculture:

My name is Reka Smith and I am a WIC participant.  
(print)

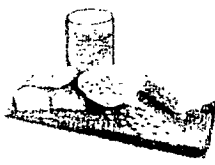
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

☒



Soy milk  
Tofu

☐



Whole grain  
breads and  
cereals

☒



Corn tortilla,  
whole wheat  
flour tortilla

☒



Brown rice,  
bulgar,  
barley, and  
oatmeal

☒

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Reka Smith

(please sign)





P6025

Date: 10/18/06

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Denita Evans and I am a WIC participant.  
(print)

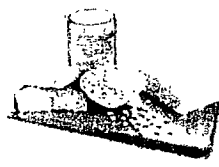
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

✓✓



Soy milk  
Tofu

✓



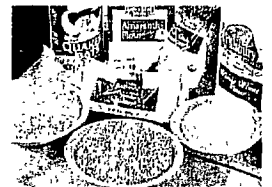
Whole grain  
breads and  
cereals

✓✓



Corn tortilla,  
whole wheat  
flour tortilla

✓✓



Brown rice,  
bulgar,  
barley, and  
oatmeal

✓

Also, I would like (I think this is an EXCELLENT  
idea and it would help my family.

Thank you for helping me to keep my family healthy!

Sincerely,

Denita Evans  
(please sign)



P 6027

Date: 10/18/06

OCT 20 2006

07-P

Dear US Department of Agriculture:

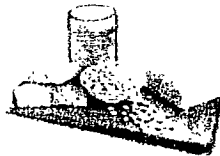
My name is Kalette Simplings and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

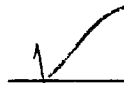


Soy milk  
Tofu

\_\_\_\_\_



Whole grain  
breads and  
cereals



Corn tortilla,  
whole wheat  
flour tortilla



Brown rice,  
bulgar,  
barley, and  
oatmeal

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Kalette Simplings  
(please sign)

P6028

Date: 10/18/06

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Mi Huan and I am a WIC participant.  
(print)

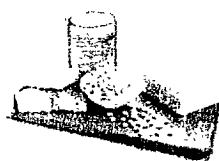
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

\_\_\_\_\_



Soy milk  
Tofu

\_\_\_\_\_



Whole grain  
breads and  
cereals

\_\_\_\_\_



Corn tortilla,  
whole wheat  
flour tortilla

\_\_\_\_\_



Brown rice,  
bulgar,  
barley, and  
oatmeal

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Mi Huan  
(please sign)

P6029

07-P

Date: October 18, 2006

OCT 20 2006

Dear US Department of Agriculture:

My name is Danielle Burton and I am a WIC participant.  
(print)

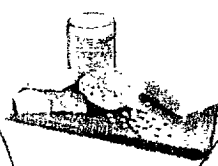
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

☒



Soy milk  
Tofu

☐



Whole grain  
breads and  
cereals

☒



Corn tortilla,  
whole wheat  
flour tortilla

☐



Brown rice,  
bulgar,  
barley, and  
oatmeal

☐

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Danielle Burton  
(please sign)

P6030

Date: 10-18-06

OCT 20 2006

07-P

Dear US Department of Agriculture:

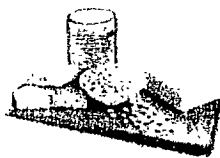
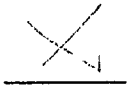
My name is Bridget Storer and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

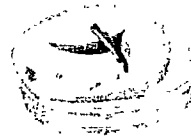
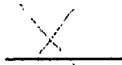


Soy milk  
Tofu

\_\_\_\_\_



Whole grain  
breads and  
cereals

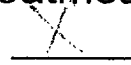


Corn tortilla,  
whole wheat  
flour tortilla

\_\_\_\_\_



Brown rice,  
bulgar,  
barley, and  
oatmeal



Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Bridget Storer  
(please sign)

P 4031

Date: 10-18-06

OCT 20 2006

07-P

Dear US Department of Agriculture:

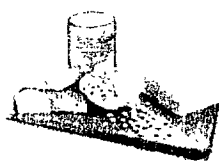
My name is Uliroma N Silaen and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables



Soy milk  
Tofu



Whole grain  
breads and  
cereals



Corn tortilla,  
whole wheat  
flour tortilla



Brown rice,  
bulgar,  
barley, and  
oatmeal

Fresh fruit

TOFU

Cereals

Tortilla

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Uliroma N Silaen  
(please sign)



P6032

Date: 10/11/06

OCT 20 2006

07-P

Dear US Department of Agriculture:

My name is Angela Vega and I am a WIC participant.  
(print)

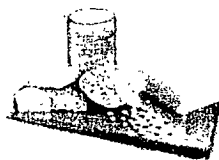
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



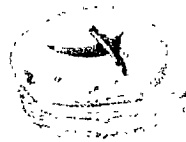
Soy milk  
Tofu

\_\_\_\_\_



Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

X



Brown rice,  
bulgar,  
barley, and  
oatmeal

\_\_\_\_\_

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Angela Vega  
(please sign)

P 6033

Date: 10.11.06

OCT 20 2006

07-P

Dear US Department of Agriculture:

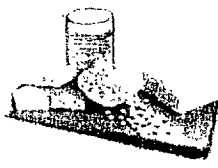
My name is Evika Ellis and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



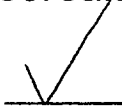
Fresh fruits,  
vegetables



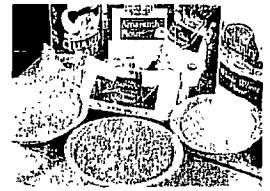
Soy milk  
Tofu



Whole grain  
breads and  
cereals



Corn tortilla,  
whole wheat  
flour tortilla



Brown rice,  
bulgar,  
barley, and  
oatmeal



Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Evika Ellis  
(please sign)

P6034

OCT 20 2006

Date: 10-17-06

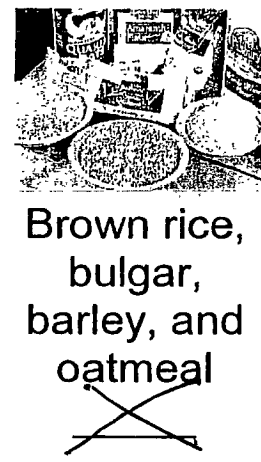
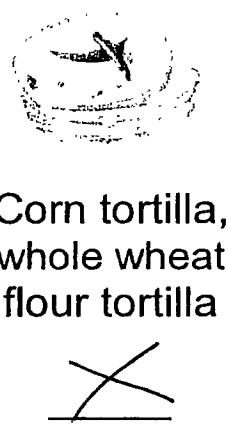
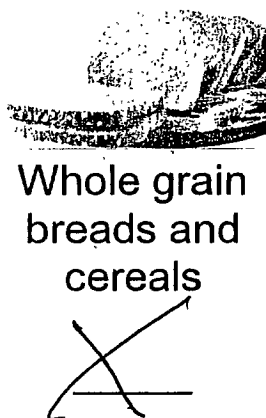
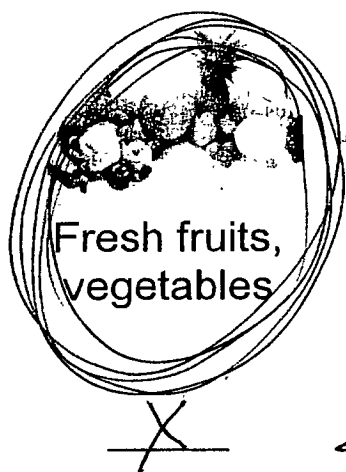
07-P

Dear US Department of Agriculture:

My name is Betty Aguilar and I am a WIC participant.  
(print)

I support the proposed food package changes for my family!

I especially like (check all that applies):



Also, I would like \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Betty Aguilar  
(please sign)

P6035

OCT 20 2008

Date: 10/17/08

07-P

Dear US Department of Agriculture:

My name is Christine Aguilar and I am a WIC participant.  
(print)

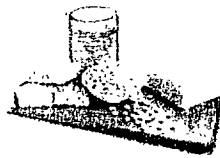
I support the proposed food package changes for my family!

I especially like (check all that applies):



Fresh fruits,  
vegetables

X



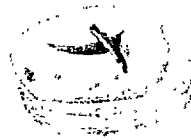
Soy milk  
Tofu

\_\_\_\_\_



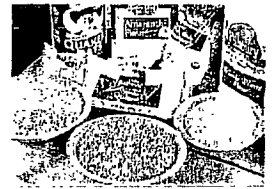
Whole grain  
breads and  
cereals

X



Corn tortilla,  
whole wheat  
flour tortilla

X



Brown rice,  
bulgar,  
barley, and  
oatmeal

X

Also, I would like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for helping me to keep my family healthy!

Sincerely,

Christine Aguilar  
(please sign)

NOV - 6 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is EGGS, YOGURT, 豆付, 三文鱼  
菜,.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Chunming Xie 9/21/06 Sacramento  
WIC Participant City

# 1461 TRADEWINDS AVE  
SACRAMENTO CA 95822

NOV - 6 2006

p 6037

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I'll have vegetables  
and fruits.

What I like least about the proposed  
changes is less cheese and eggs

Thank you for reading my comments.

Sincerely,

Marlene Rodriguez  
WIC Participant

Rancho Cordaz  
City

NOV - 6 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more of a Healthy variety  
\_\_\_\_\_.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Denise Crivello

WIC Participant

Fairfax

City

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more of a healthy  
choices.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Rhynada Long  
WIC Participant

Fair Oaks  
City



NOV - 8 2006

p 6040

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Soy Products.

What I like least about the proposed  
changes is 6.

Thank you for reading my comments.

Sincerely,

Monica Cofman Citrus Heights  
WIC Participant City

NOV - 6 2006

p 6041

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the offering of whole grains  
and vegetables.

What I like least about the proposed  
changes is the less amount of milk  
offered.

Thank you for reading my comments.

Sincerely,

Stella Stander  
WIC Participant

Citrus Heights  
City

NOV - 8 2006

p 6042

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is vegetables

What I like least about the proposed  
changes is juices

Thank you for reading my comments.

Sincerely,

Margaret Wallon  
WIC Participant

Citrus Hgts.  
City

NOV - 6 2006

p 6043

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fresh fruits are more  
healthier than juice.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

Tiffany Wagner  
WIC Participant

Sacramento  
City

NOV - 6 2006

p 6044

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it is a better  
choice for families.

What I like least about the proposed  
changes is there is no bad  
idea about it.

Thank you for reading my comments.

Sincerely,

Dawn Fournier

WIC Participant

Sacramento

City

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is That there might be  
bread + veggies.

What I like least about the proposed  
changes is less milk and juice.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Choice of better  
and healthier food.**

**What I like least about the proposed  
changes is \_\_\_\_\_**

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is that we can buy fruits and  
vegetables.**

**What I like least about the proposed  
changes is about the cheese  
because I really like it that  
way it was, my kids just love the cheese  
**Thank you for reading my comments.****

**Sincerely,**

Sandra Rodriguez  
**WIC Participant**



NOV 01 2014

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** you have more  
choices to choose from.

**What I like least about the proposed  
changes is** none  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Diane Brown  
**WIC Participant**

NOV 01 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more healthy food.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

Sabitha Menja  
WIC Participant

p6050

NOV 01 2005

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the addition of fruits &  
veggies and whole grains.**

**What I like least about the proposed  
changes is the reduction in  
juice and cheese.**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is it has more varieties**

---

**What I like least about the proposed  
changes is nothing**

---

**Thank you for reading my comments.**

**Sincerely,**

Lisa Xiong  
**WIC Participant**

NOV 01 2005

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

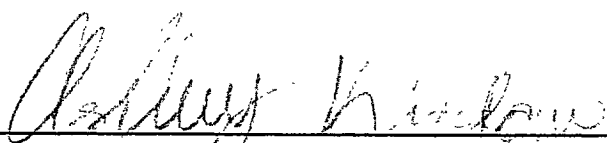
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is I've been waiting  
for a larger variety.**

**What I like least about the proposed  
changes is I see nothing wrong  
with it. Its a great change.**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that it gives us more  
fresh vegetables than the canen ones.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Jesus Rodas.  
WIC Participant

p6054

NOV 6 1 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it gives us a little more of  
the foods that make up the food chain.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Yanira Diaz  
WIC Participant

WIC 6-2-2000

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

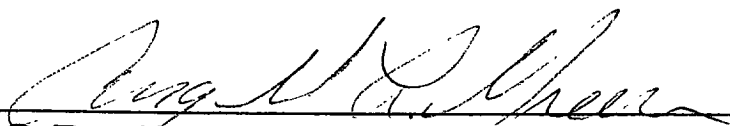
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Variety

What I like least about the proposed  
changes is less Milk

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant



NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is better nutrition for families  
with fresh fruit & veggies bigger variety

What I like least about the proposed  
changes is none

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fresh options  
give much more nutrition.

What I like least about the proposed  
changes is the reduction  
of the amount of milk.

Thank you for reading my comments.

Sincerely,

Cassandra Carlson  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is for getting more choices.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

Shelby Reyes  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more offers

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 01 2008

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

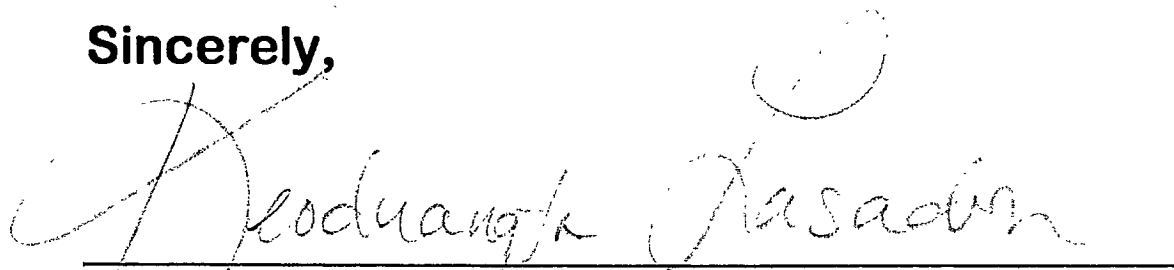
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is better than what my  
child get to eat fruit, because my  
kids don't like to eat cheese**

**What I like least about the proposed  
changes is none**

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

NOV 01 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the availability  
of fruits and veggies  
at the store where I get my

What I like least about the proposed  
changes is N/A Every change  
is good - a move forward

Thank you for reading my comments.

Sincerely,

  
WIC Participant

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is you can shop at  
any store that takes wic.**

**What I like least about the proposed  
changes is \_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

Kathleen Olszewski  
**WIC Participant**

NOV 01 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Don't have to worry about  
where you can shop.

What I like least about the proposed  
changes is Less juice

Thank you for reading my comments.

Sincerely,



WIC Participant



NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is You will be able to get  
Fresh Veggies and fruit for your infant.

What I like least about the proposed  
changes is Less Juice.

Thank you for reading my comments.

Sincerely,

Samantha Scharuth

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

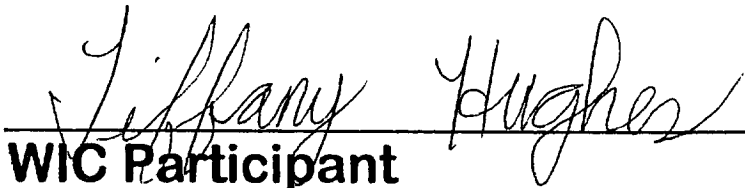
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is there is more  
fruit which is better for my kid.

What I like least about the proposed  
changes is I will not get as  
much juice and milk which is also good.  
and that's what I don't like.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I always have to  
much cheese. My son loves fruit.

What I like least about the proposed  
changes is less milk and eggs  
juice.

Thank you for reading my comments.

Sincerely,

Mary Keller  
WIC Participant

p 6067  
NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

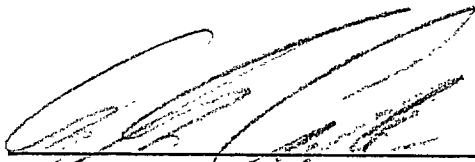
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruit and other food  
choices are great.

What I like least about the proposed  
changes is the less milk and the  
less eggs.

Thank you for reading my comments.

Sincerely,



---

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The fruits & vegetables  
and tortillas.

What I like least about the proposed  
changes is ~~not~~ not alot of  
more.

Thank you for reading my comments.

Sincerely,

Shaele Williams  
WIC Participant

NOV 01 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I like that I don't  
have to worry about the price anymore

What I like least about the proposed  
changes is none.

Thank you for reading my comments.

Sincerely,

Monica Douglas  
WIC Participant

NOV 01 2000

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more Variety for my  
kids, better choices.

What I like least about the proposed  
changes is Nothing.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it would help me to  
eat healthier.

What I like least about the proposed  
changes is none.

Thank you for reading my comments.

Sincerely,



WIC Participant



NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

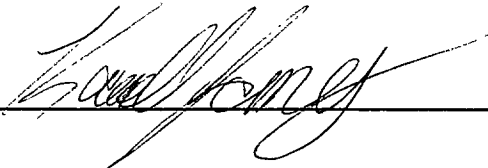
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the chance to get soy milk, tofu,  
grains, & fruits and more vegetables. I have  
a petition I will be submitting, also.

What I like least about the proposed  
changes is none, I think it's  
great.

Thank you for reading my comments.

Sincerely,

Karee James   
WIC Participant

p 6073  
NOV 01 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is More fruits and  
vetuables will be available for my child and I.

What I like least about the proposed  
changes is It's taking another  
month to make the change.

Thank you for reading my comments.

Sincerely,

Condor Ambreus  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

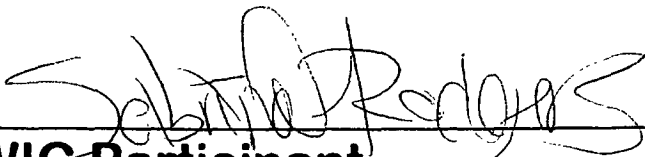
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more stuff to  
choose from.

What I like least about the proposed  
changes is that there will  
be less juice.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is having the option to  
buy fruits and vegetables.**

**What I like least about the proposed  
changes is taking out the  
milk.**

**Thank you for reading my comments.**

**Sincerely,**

Jessica Hunsucker  
**WIC Participant**

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is It's great to have a wider  
variety of products & to include soya products

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,



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WIC Participant

NOV 01 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that fruits & vegetables

are added, & some of the milk removed.

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

Sandra Moreno

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is we are getting fresh fruits  
& vegetables & the chance to get diffent  
thing, but cheese or juice

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Maura Soto  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fruit

What I like least about the proposed  
changes is less milk

Thank you for reading my comments.

Sincerely,

Serdar Becker

WIC Participant



p 6080

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** my children like

a lot of fruit and Veggies.

**What I like least about the proposed  
changes is** we would be human

less milk and I use that.

**Thank you for reading my comments.**

**Sincerely,**

Elida Anubiz  
**WIC Participant**

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

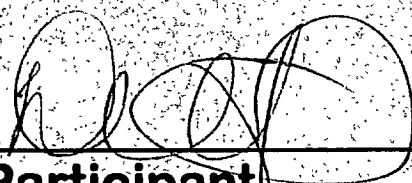
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is having fruits for my  
family & juice for my  
son

What I like least about the proposed  
changes is I don't like a lot  
few I think the change is  
great

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the extra foods and  
being able to choose something  
different.**

**What I like least about the proposed  
changes is the less juice and  
milk.**

**Thank you for reading my comments.**

**Sincerely,**

Angela Greene  
**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** Being able to obtain  
bread & rice, fruits & veges & baby food.

**What I like least about the proposed  
changes is** I would prefer to get  
less cereal & keep milk the same.

**Thank you for reading my comments.**

**Sincerely,**

Nora L. Pinon  
**WIC Participant**

NOV 01 2009

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruits & veggies also the  
fact that we could use any vendor.

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Carmen Marquez 9/29/06  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is having more food  
choices.

What I like least about the proposed  
changes is I would like to continue  
receiving milk cheese & peanut Butter  
juices because this is what my baby eats a lot of.  
Thank you for reading my comments.

Sincerely,

Julena Myers  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

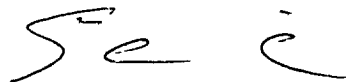
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is whole grane bread is  
a great option as well as the fresh. veggies + fruit

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,



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WIC Participant

NOV 01 2008

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is You don't get  
just a lot of fat.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_

WIC Participant



Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it will make families  
healthier.

What I like least about the proposed  
changes is bad it has taken so  
long to do this.

Thank you for reading my comments.

Sincerely,

Jamey Martiney  
WIC Participant

NOV 01 2005

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** That they are offering  
tortillas and bread also some vegetables.

**What I like least about the proposed  
changes is** that they are trying to take  
away the some milk & eggs.

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

p 6090

NOV 01 2007

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more choices

What I like least about the proposed  
changes is Deduction in gallons  
of milk

Thank you for reading my comments.

Sincerely,

WIC Participant

Maria D. Pineda

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

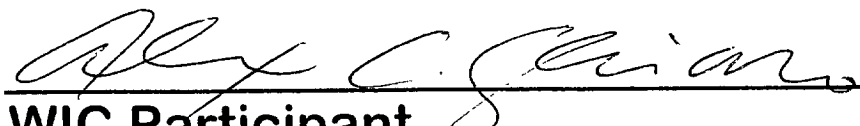
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is using checks at  
any WIC store.

What I like least about the proposed  
changes is N/A

Thank you for reading my comments.

Sincerely,

  
WIC Participant

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

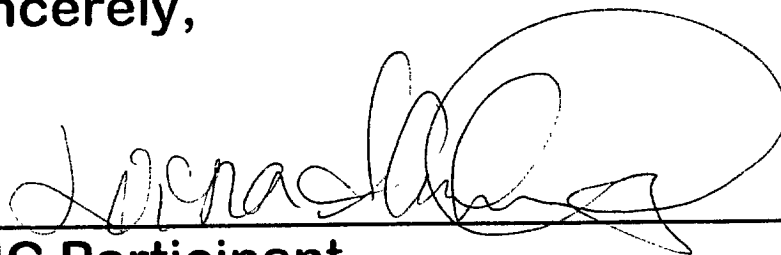
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that everyone is getting  
more healthier.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I can buy nutritious  
foods for myself and my children.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Briana Vega  
WIC Participant

NOV - 2 2008

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Fresh Fruit & Veggies.

What I like least about the proposed  
changes is getting less juice

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 2 2005

p 6095

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Real veggies and fruits  
are better for you than <sup>extra</sup> juices.

What I like least about the proposed  
changes is N/A. I like it much  
better.

Thank you for reading my comments.

Sincerely,

Christina Hergeles  
WIC Participant



NOV - 8 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

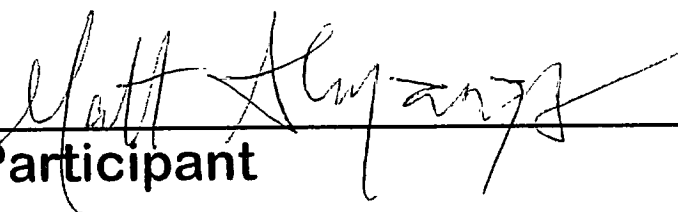
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more nutrition  
and healthy.

What I like least about the proposed  
changes is                     .

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The BREAD a Fruit  
and veggies.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV 02 2006

p 6098

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is**

What I like more is  
that there's gonna be more variety &  
more nutritious for the child.

**What I like least about the proposed  
changes is**

Sometimes it is necessary  
to receive all the milk. Sometimes  
I end up buying a can or 2 of milk  
or another box  
of cereal.

**Thank you for reading my comments.**

**Sincerely,**

Martha Perez  
**WIC Participant**

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** you have a variety to choose  
from. more options. added grains + vegetables + fruits.

**What I like least about the proposed  
changes is** less juices + less eggs.  
+ cheese.

**Thank you for reading my comments.**

**Sincerely,**

Erika Pantoja Erika Pantoja  
**WIC Participant**

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is adding fresh Foods &  
breads (whole grains).**

**What I like least about the proposed  
changes is nothing.**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**